

VOICE OF THE RESIDENTS

Vol. X, No. 2

BROADMEAD, COCKEYSVILLE, MD

October 1988

This is the October issue of the VOICE and it should be most appropriate to bring in mention of Halloween, witches, ghouls, pumpkins and such-like but considering that the average age here at Broadmead is 82 the average Broadmeader has seen some 80 Halloweens come and go and has probably been getting less and less enthusiastic with each passing year. Therefore, you are being spared any further comment on the subject. Note, however, that the Residents Handbook does not prohibit you from scampering about in a mask and a sheet on October 30th. Administration does request that if you use a Broadmead sheet to please be careful about cutting holes in it and to use washable ink if you must mark on it.

Mother-in Law Day is the 23rd of this month. Checking up on an old clipping a call was made to the Towson Library. Information was that Mother-in-Law Day was traditionally the fourth Sunday in October. It must be a "tradition" of the greeting card manufacturers as few have ever heard of it. It would seem that this is a "tradition" more honored in the breach than in the observance. It may be well to check with the Country Store so that you can get your card before the stock is depleted. Should you let the date slip by unobserved it is not likely that the store will have any varied stock of "Belated Mother-in Law Day Wishes."



Perhaps it's not a giant leap forward for mankind but it is a real innovation for the VOICE. Every now and then use will be made of sketches by Esther Donahue as fillers in spaces at the end of articles.



Broadmead Bunny, proudly sporting his Varsity letter is the creation of Esther Donahue. He appears just in time for the football season, or Halloween in case what he holds is a lopsided pumpkin.

In any event you can take your choice. Can't you imagine a picked squad of rabbits racing across the Campus escorted by a wildly cavorting band of chipmunks?

MOMENTS

Everything is drenched from the constant, heavy, welcome rain and I am concerned about the youngsters in the nest box by the vegetable gardens. These four may be the last hope for this year's bluebird crop; and a poor one it has been, considering last year's baby boom.

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The showers have ceased, at least temporarily, so I'll go check on them. The world beyond our meadow is noticeably quiet, as it often is on an afternoon in August; but the small sounds of birds are distinct and greatly magnified by the moisture-laden air, like the voices of children at play in a falling snow.

Several goldfinches scallop across the sky, scattering "perchickery" notes as they rise from each undulation. This is their time to shine, long after most birds have had their summer day. They have waited for the thistles to mature, so as to fashion their cottony nests from the down and to feast on the seeds.

One lone barn swallow swoops low for insects over the meadow, perhaps separated from a migrating flock. After our own nesting swallows departed, insects have become more noticeable in the evening, despite the efforts of chimney swifts to sweep the sky.

A yellow-billed cuckoo's "kowk, kowk" and a mourning dove's cooing remind me that the wild habitat from which they call will soon become a housing development.

Song sparrows, so aptly named, entertain me as I walk. If Broadmead were to select a "community bird," it should surely be the song sparrow. It is friendly, seems to like our company, and its bright melody pierces our consciousness wherever we are across these acres, all summer long. We are never out of range of its song.

Suddenly there is a hush, as though all nature is awaiting the entrance of a performer. And enter he does, not with a commanding opening but with a high, sweet, delicate, downward-slurred phrase. Another one responds. They sing and call antiphonally as they feed and keep together their four fledgling bluebirds in their strange, new environment high in the black locust trees by the gardens.

For a few precious moments I share the beauty of these lyrics with two gardeners who happen to be in the right place at the right time.

These are truly moments to savor and remember.

Nancy Rowe

As a preliminary advertisement Kathaleen Kennedy has asked for a reprint of Clyde Andrew's verse on the Barn Sale which was in the VOICE last year. (Note: the verse now has the correct dates for this year.)

BIG BARN SALE

Not to sell a barn
How come they call it
A BARN SALE?

It's not even in a barn.

THE DATES ARE three and four NOVEMBER.

That's all to remember.

Just follow the crowd and land
Hopefully with cash in hand
In the friendly world of BROADMEAD.

If you have been to one before
You'd never miss another.
So many beautiful things to see,
Amazing affordable treasures.
It's a thing of wonder to see
How all the work gets done.

Hundreds of hours planning and doing
Make the BARN SALE a day of fun -
And that's how things are at Broadmead.

Clyde Andrew



HERBS

Herbs are enjoying great popularity these days.

Jars of herbs fill the grocery store shelves, and herb blends offer a variety of accents to all kinds of foods. Herb mixtures carry various accents, depending upon the nation being featured. Italian foods became popular after World War II and the herb, oregano, unheard of in American cuisine, was needed for spaghetti sauces in every kitchen.

Herbs flavor vinegars and salts. Each company has its own combination, basically the same, but all designed for one purpose: to improve the flavor of ordinary food.

At Broadmead, a jar of herb blend is grouped with salt and pepper in the center of the table. If you don't like the blandness of the food served you, improve its flavor with your own additions. Many Residents make their own salad dressing, asking for the wine vinegar and the oil and adding at their own discretion the herbs and other seasonings. Some even bring from home the special blend of herb salts they particularly like.

Part of this interest is due to the fad for gourmet cooking; the other is the need for special diets. Salt-free diets require that salt be eliminated, and this loss can be replaced, partially, with herbs. The flap about cholesterol means that less fat is indicated. Herbs in a subtle fashion make these changes less noticeable.

Dried herbs cannot totally take the place of fresh herbs, and those grown in pots or in the garden make nice additions to salads and sandwich spreads. Many Residents plant a few herbs in their own gardens and these can be repotted for use all winter.

Parsley, chives and mint are easily grown. Chives and mint will

last through the winter; parsley is a bi-ennial and must be replaced every other spring. Even though we do so little cooking, the use of these gives a freshness to whatever you may be preparing.

More elaborate herb gardens are well known in Europe. The Elizabethan "Knot Garden" was so named from the pattern design of the garden. Some of these old gardens have been in existence since the 16th century. In the Chateau country of France the pattern is always interesting, as each chateau had its own garden. Herbs were used for the culinary purpose as well as for medicine and aroma. An interesting collection of herb plants will give variety to your own little garden as the foliage is usually in various shades of green that compliment the other plants.

In the Elizabethan period each herb was symbolical. "Rosemary, that's for remembrance," said Ophelia. A bouquet arrangement of various herbs, each singing its own love song, was called a "Tussy Mussy." This idea has taken hold in the 20th century: brides' bouquets often now include a sprig or two of herb singing its own tune.

Herb teas, also called tisanes, have become very popular, especially when caffeine is not permitted in the diet. These are aromatic blends and are refreshing drinking. But do not expect them to replace "real" tea, this is a different brew. Some people have found that an herb pillow will help with insomnia and others gather the herbs for a pot pourri.

Herbs fall into three categories: culinary, medicinal and aromatic. Culinary herbs are the most interesting. Here a knowledge of which herb goes with which food can be found in most cookbooks.

The usual Bouquet Garni may be added during cooking or afterwards. This is a combination of parsley, thyme and a bit of bay. In markets

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in the Caribbean Islands, little bags or baskets of these herbs are souvenirs to be brought back home. These islands have European influence and the cooking depends for its accents on the use of the herbs.

In the fall, when other plants that have summered outdoors are being potted, why not add a few pots of herbs to the window garden.

Bon Appetit!

Mildred Williams

BROADMEAD WELCOMES

L. CLAUDE BURCH R-1 666-8071

Claude is a native Baltimorean who attended City College and Loyola. He and his late wife who had come from the south to attend the Peabody Institute lived for many years in Homeland where they raised their three children. His family still live in the Baltimore area and his 4½ grandchildren are nearby. Claude spent his working life with the Bethlehem Steel Company but as a side interest owned several restaurants which consumed all his spare time. He is currently getting settled into Broadmead and though he is not a bridge player, he does ask - "Anyone for Gin Rummy?"

Betsy Griffin

IN MEMORIAM

September 1988

Mary E. French
Jane E. Corkins
Edith T. Kelly

Eliza B. Buddo

M O R E F U N !

Dear Editor:

For the life of me, I cannot figure out how Broadmeadians get along without the joy of classical accompaniment to their strolls around the perimeter. From all sides these days we get urged to walk for the best possible exercise. Yes, indeed, it's very likely the best - but I am so happy to have found a way to make it better! It's so easy, too.

A small capital investment in some kind of walkman cassette player, taking care to wear clothes with good pocket or sturdy belt - that's important, securing some favorite opera and classical cassettes, and I am off to an enchanted 40 minutes. That is just about twice around the perimeter for two miles, and both sides of one cassette.

Having tasted the delights of listening, looking and walking all at the same time, I am not sure I can stand the deprivation when the batteries in my player give out. It's safer to have two of them. To be sure, it is a little withering to be regarded by my more dignified fellow Residents as a callow teenager, when they meet me arrayed in my earphones. Or sometimes a question startles me: "What's the score?"

But what matter! In another few steps I am back in Rigoletto, or the Walkyrie, or maybe Trovatore. Not many operas are as invigorating to walk to as Carmen. On the other hand, how to walk at all when the divine Pavarotti is doing "High-lights"? - Time then to float in the air.

Sometimes while walking I think to myself: "All this and heaven, too?" - except that "this" is so good I feel no hurry about heaven.

Claire Walker

ANCESTORS AND A CAT

In the July issue of THE AMERICAN GENEALOGIST, Frank Craig challenges the research by which many Americans claim royal parentage through an illegitimate son of Edward I, or, as Frank gently puts it, he "develops an alternative hypothesis."

Also in the July issue of the NEW ENGLAND HISTORICAL AND GENEALOGICAL REGISTER, in an article on the Norman ancestry of prominent New England families, one may discover distant cousins at Broadmead.

Frank's approach to genealogical research is that of the scientist. Educated at Harvard as a physiologist, he has been publishing since 1935 out of his work at Harvard's Cancer Research Commission and later at Massachusetts General. He also published during the three years he taught at NYU's medical school. In 1946 he came to Maryland to work at Edgewood Arsenal where he was involved in the study of the prevention and treatment of casualties of chemical warfare, and where he continued to publish.

"Chemical warfare is a very unpopular area of research," Frank says. "The army hates it. It is very messy and unpredictable and involves a lot of complications that interfere with tactical operations."

Whether he's upsetting the pretenders to royal blood or irritating the army, Frank looks for the truth. "I go at it the hard way since I've had no background in history. Whatever turns up, I follow it down. A lot of genealogical research has been pretty sloppy. Now the vogue is to document everything, and that fits in with my background."

"I'm not a very organized person as Mary was."

Mary Craig was killed in an airplane accident in March of 1987. She had taken up flying as a counter irritant, Frank says, to being the Director of Planned Parenthood's Training Institute in an era of changing emphasis and reduced funding. She was a person of enormous talent and wide interests. Whatever project she started as a volunteer, she soon became it's paid director. At Broadmead, she learned about photography, and with Callie Cochran, developed a slide show on what it is like to live at Broadmead and another show with George Conner on the rose garden. She continued to work with the blind and with the Department of Aging. Frank has three daughters who inherit their mother's interest in the world and in people.

The Craigs came to Broadmead when their cat got too old to climb stairs and when Frank grew a little apprehensive about painting the roof of their house beyond White Marsh on the Gunpowder River.

Phyllis Tyler

DAYLIGHT SAVING

Daylight Saving ends on October 30th - and high time it is, too. This means that you will have to set your clocks back one hour - or if they do not cooperate move them ahead for eleven hours. Either way you get the hour of sleep you lost when the clocks were set ahead in the spring.



THE MA AND PA

Mention the "Ma and Pa" and some will think of the phone company and others will visualize the Parkton Local or the Northern Central Railroad. They would be wrong as hereabouts the "Ma and Pa" was the Maryland and Pennsylvania Railroad that ran from Baltimore to York by way of Towson and Belair.

That the name might be confusing is not strange for the road was made up of many parts with diverse names such as the "Baltimore, Towson Towne, Dulaney's Valley and Delta Narrow Gauge Railway," "Peach Bottom Railway," the "Maryland Central, Baltimore and Lehigh," until 1901 when the various parts together became the "Maryland and Pennsylvania."

George W. Hilton in his book the Ma and Pa begins with the issuance of a charter to the "Maryland Central Railroad" in 1867 which with many additions and amalgamations ended up as the Maryland and Pennsylvania in 1901. The road seems first to have been conceived as a way to bring slate from the quarries in Delta, Pa. There were various plans to extend the road to Philadelphia and west to the coal fields. None of these plans materialized.

The Baltimore Station was down below Falls Road near the end of the Howard Street bridge. The track ran by Roland Park, the Elkridge Country Club. It crossed Charles Street at a grade level crossing at Woodbrook and then went on to Towson. In Towson there were facilities for unloading coal and lumber for Stebbins Anderson. It then crossed over York Road at that point and the bridge abutments are still there. It then went on to cross Joppa Road on a high wooden trestle where Goucher Boulevard now crosses.

Curves and trestles were commonplace on this railroad which started

out with narrow gauge tracks. There were 77.2 miles of mainline track with 476 curves which aggregated 47 per cent of the total mileage. Originally it was narrow gauge but later it was converted to standard gauge like the larger railroads. As a narrow gauge road it could accommodate sharper curves than the standard gauge roads.

The "Ma and Pa" was never a really important railroad as it served no particularly important industrial areas. There was, for a time, considerable commuter traffic between Baltimore and Towson and it was valuable for bringing milk to Baltimore from the countryside and as a mail train. These activities died a natural death due to the increase in automobile and truck traffic. Passenger traffic, except for a few special excursions, virtually disappeared after 1950 and all passenger service was discontinued in 1954.

On June 11, 1958 the line south of Whiteford, Pa. was officially abandoned and the Maryland section of the line was dismantled and 6930 feet of wooden trestle and 1735 feet of steel bridges came down. A few sections were preserved: the Hydes station became a local Post Office and general store and the stations at Long Green and Lake Avenue were redeveloped as private homes.

Those who remember the "Ma and Pa" will never forget moving slowly through the cuts near Belair and Hydes when the laurel was in full bloom and the spectacular views from many of the trestles. To railroad buffs much of the memory is embodied in the many models of its narrow gauge engines and cars that have been popular for years.

1b



A SENSIBLE DIET FOR BIRDS

"Junk foods" are no better for birds than they are for us since they fill the stomach but inadequately nourish the body. A bird's metabolism and expenditure of heat and energy are so rapid as to require almost constant consumption of foods which maximize benefits and which are energy efficient. Hence, black oil sunflower seed.

Unfortunately we have fostered a population growth in house finches (not purple finches, a few of which come south occasionally in winter). The house finch has become as ubiquitous as the house sparrow in this country. Both are introduced species which have a way of displacing our native, "desirable" birds, especially at Broadmead.

Hope of curtailing the overwhelming presence of house finches at our feeders lies in a new, apparently successful, idea hatched recently by an ornithologist: "TO DISCOURAGE HOUSE FINCHES FROM USING TUBULAR FEEDERS REDUCE THE PERCHES TO $\frac{1}{2}$ INCH." It has been observed that goldfinches and smaller birds are not affected by the change.

IF YOU DO TRY THIS, please let me know if it works. Two neighbors, one with conventional perches and the other with shortened ones, might provide interesting comparisons.

Nancy Rowe

GRANDPARENTS DAY

Sometimes things get timed perfectly! Grandparents' Day was on September 11th and this year Food Service again excelled in a splendid performance in recognition.

Not only was the meal scrumptious but the menu covers were particularly delightful with the inscription "To our 'Adopted Grandparents'." Inside the covers were the autographs of the servers and the other workers in Food Service.

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We Residents are always proud of our "grandchildren." May they always be happy!

For frosting on the cake that beautiful day was also Rose Day for Residents to select and take home the rose of choice. Those too ill to come to the Rose Garden were remembered by friends who chose for them.

ART GALLERY

Table talk often mentions visits to the Prado, the Louvre, the Mellon and, closer to home, the Peale and the Baltimore Museum. One gallery not so often cited is unnamed but it can be found in the Lower Lobby. If you are unaware of it, it can easily be reached as there is both an elevator and a stairway accessible from the first floor of the Center.

Broadmead's own Gallery has frequent display changes with an array of oils, watercolors, pastels, chalk or crayon pictures by local artists. There is no admission fee, no guards to peer suspiciously over your shoulders and, as an added amenity, padded benches down the center of the Gallery so viewers can enjoy the display at leisure.

And, by the way, look into the Small Meeting Room now and then to see what the Photography Club has to offer. (1b)





NEW AGE

The New Age Group announces a new series starting October 17. The series will be based on the book SHAMANISM a compilation of

various views by authors like Michael Harner and Mircea Eliade. The book is edited by Shirley Nicholson of Olcott in Illinois, who will be our guest speaker at a special lunch meeting on Saturday, Dec. 3 at 12 noon. Guest reservations can be made.

The Group finds the chance to welcome the chief editor of the Theosophical Publishing House a good opportunity to satisfy our curiosity about the nature and work of the mysterious shamans, past and present, all over the world including our own country.

All are welcome to meet with the New Age Group on Mondays at 2, as regular members, as visitors, or as participants in a particular series. In any one year there will be three or more series. For this next one, books can be secured by sending check for \$7.50 made out to Claire Walker, before October 5th when our order will be sent.

Claire Walker

NEVER TOO LATE . . .

Two lecture programs are offered this winter by a popular instructor. Dr. Richard Price, Senior Lecturer, Department of English, Towson State University, will offer two five-week courses.

The first course, on Wednesdays from January 4th through February 1st has the title "Women Writers of Mystery Stories and Their Works."

The second is titled "Russian Novelists of the 19th Century" and will be on Wednesdays from February 15th through March 15th.

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Classes will be in the Auditorium from 11 am to 12 noon. The tuition will be \$20 for each course of 5 lectures.

Registration sheets will be distributed in October.

Chairman, Jean Moser

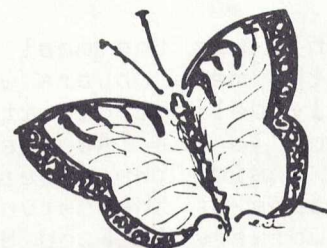
CASUAL COMMENT

Just male chauvinism? Time was when the most careless and reckless drivers on the roads were young men in their teens and early twenties. Is observation correct in noting that the worst drivers today are young women (including mothers with children) who pay little attention to stop signs, speed limits and the rules of the road and who weave in and out of traffic with apparent unconcern?

It is not here yet but it is not too early to start thinking about what you have that would be better placed in the Barn Sale than in your apartment. The SALE is scheduled for November 3rd and 4th so there is no time to be lost.

BIBLE STUDY

Virginia Tinley has advised us of a program called "Friendship Bible Study" which is presented on Mondays from 10:30 to 11:30 A.M. in the East Taylor Lounge. The leader is from Stonecroft Ministries in Kansas. Emphasis is on discussion rather than on lectures and is intended to be non-controversial and non-denominational. For details call 666-3381.



EDITOR:

AMNESTY INTERNATIONAL: Thousands of people are in prison because of their beliefs. Many are held without charge or trial. Torture and the death penalty are widespread. In many countries men, women, and children have "disappeared" after being taken into official custody. Still others have been killed without any pretense of legality. These human rights abuses occur in countries of widely differing ideologies.

Amnesty International (A.I.) is a worldwide movement of people acting on the conviction that governments must not deny individuals their basic human rights. A.I. was awarded the 1977 Nobel Peace Prize for its efforts to promote global observance of the United Nations' Universal Declaration of Human Rights. Shouldn't we here at Broadmead be an active part of such an organization?

The most basic method used by A.I. is to write letters to government officials concerning individuals whose basic rights are being violated. In courteous letters which present detailed information about the victims and abuses, ordinary citizens all over the world inform government officials that their abuses are known. This pressure succeeds in stopping abuses about 50% of the time. It is clear that even the most savage regimes, which say they care nothing about public opinion, are in fact very sensitive to public pressure, since they wish to appear to be humane and law abiding.

Probably many Broadmeadeans have contributed to A.I. over the years since it was founded in 1961 and during their years in the "outside" world. At that time monetary contributions may have been all that was possible. Now, at Broadmead, most of us have time to actively do some of the letter writing that is the foundation of A.I.'s work. If you would like to explore

the possibility of joining with others at Broadmead to do some letter writing for A.I., please leave a note in my box (N-6).

Lloyd Tyler

The Trust Division of Signet Bank-Maryland is pleased to host a cocktail reception on October 7, 1988, at Holly House from 4:30 P.M. to 6:00 P.M. ALL Residents of Broadmead are invited. We hope to see you there.

EDITOR:

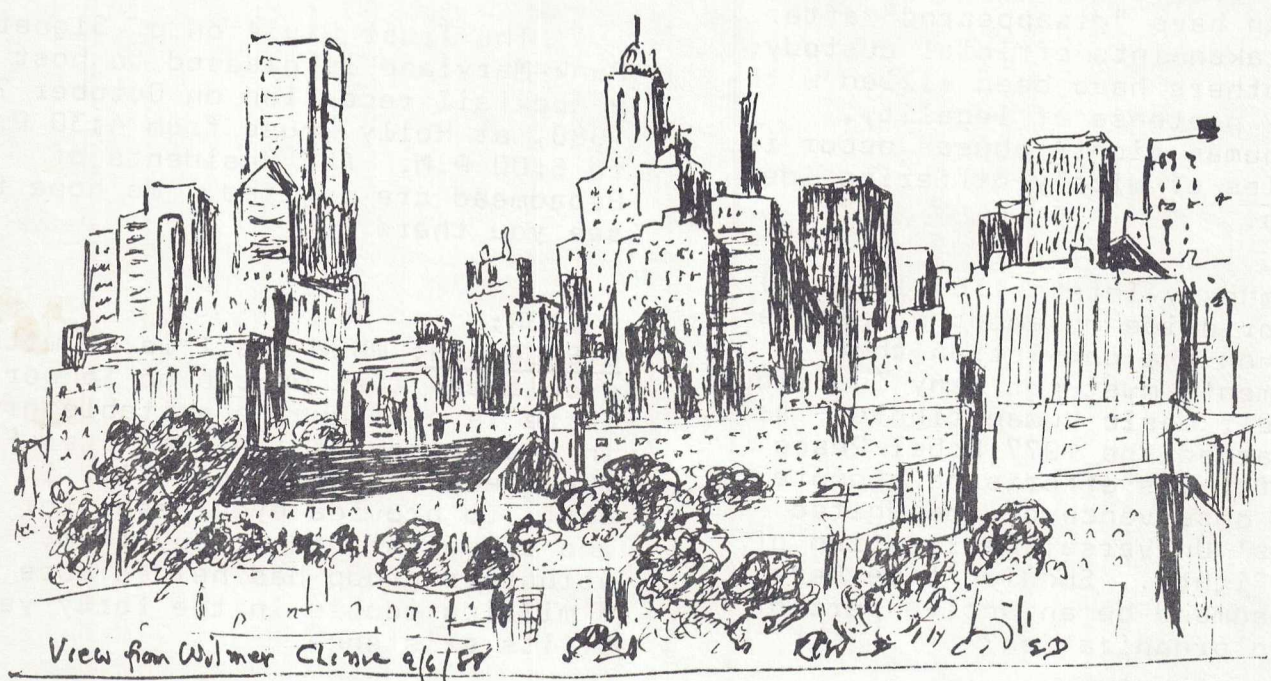
EYEGASSES: What shall we do with eyeglasses that we can no longer use? There is a unique, charitable group in New Jersey called "New Eyes For The Needy." Its purpose is, in large part, to provide eyeglasses for those who cannot afford to buy them. This volunteer group has helped more than a million people in the forty years of its existence.

What New Eyes does is to distribute discarded eyeglasses sent in by individuals and organizations. Glasses are given (never sold) to missions, medical centers and hospitals around the world. Many pairs, for instance, go to India and Africa where non-prescription glasses are in great demand. New Eyes also fills a need in these two continents for artificial eyes.

The money needed to fund this operation comes from the proceeds of a little store at New Eyes headquarters. The store sells discarded silver and odd pieces of costume jewelry. One cuff link, or an odd earring or discarded dental gold can be melted down and reused. They are also happy to receive and distribute hearing aids or artificial eyes.

If you have discarded eyeglasses or small odd bits that you would like to donate, leave them at the front desk in a small bag and I will send them on their way.

Eleanor Terry, B-13



Broadmead

13801 York Road
Cockeysville, MD 21030

VOICE OF THE RESIDENTS

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Founding Editor: G. James Fleming
Editor: Leopold Bridge

- Helen Criley
- Esther Donahue
- Betsy Griffin
- Louis Hamburger
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